RNA PE Long term plan

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS Personal, social and emotional development – Building relationships, managing self Physical development - Gross motor skills Expressive arts and design - Being Imaginative and Expressive.		Basic Skills: Locomotion	Basic Skills: Travelling & Health related fitness	Gymnastics: Balance	Dance & Health related fitness	Gymnastics: Flight	Athletics & Health related fitness
		Outdoor-Gross Motor-Travelling	Outdoor-Gross Motor-Climbing Equipment & Health related fitness	Outdoor-Gross Motor- Bikes and Wheeled Toys	Outdoor Gross Motor- Hand-Eye Co-ordination & Health related fitness	Outdoor Gross Motor- Throwing and Catching Target games	Athletics & Health related fitness
Y1 **&** **Y2**	YEAR A	Invasion Games: Basic Skills	Net and Wall Games: Basic skills & Health related fitness	Gymnastics: Pathways – Small & Long Gymnastics: Spinning, Turning & Twisting Gymnastics: Wide, Narrow & Curled Rolling & Balance	Dance Linked to Topic & Health related fitness	Striking and Fielding: Basic Skills	Athletics & Health related fitness
	YEAR B	Invasion Games: Basic Skills	Net and Wall Games: Basic skills & Health related fitness	Gymnastics: Pathways – Straight, Zigzag and Curving Gymnastics: Balancing & Spinning on Points & Patches Gymnastics: Stretching, Curling and Arching	Dance Linked to Topic & Health related fitness	Striking and Fielding: Basic skills	Athletics & Health related fitness

Y3 & Y4	**YEAR A** OAA/FS to run alongside when best suited	**Invasion Games:** Flag football & Netball 3/4 weeks of each This half term also book another PE slot and Complete: Tchouckball (Y3 only)	**Net/wall games:** Tennis & Health related fitness	**Gymnastics:** Linking movements together And Receiving body weight health	**Dance:** Linked to Topic & Health related fitness	**Striking and fielding:** Rounders	**Athletics** & Health related fitness
	YEAR B OAA/FS to run alongside when best suited	**Invasion Games:** Hockey & Tag rugby 3/4 weeks of each This half term also book another PE slot and complete Basketball (Y3 only)	**Net/wall games:** Dodgeball & Health related fitness	**Gymnastics:** Rolling & travelling low And Symmetry and asymmetry (partners)	**Dance:** Linked to Topic & Health related fitness	**Striking and fielding:** Cricket (quick/diamond	**Athletics** & Health related fitness
	YEAR 4 ONLY	**Swimming** Every year					

Y5 & Y6	**YEAR A** OAA/FS to run alongside when best suited. A trip to take place every Year to an external OAA site e.g. NewMD	**Invasion Games:** Netball/Hockey 3/4 weeks each	**Net/wall games:** Tennis/Lacrosse 3/4 weeks each	**Gymnastics:** Counterbalance & tension	**Dance:** Street dance & Health related fitness	**Striking and fielding:** Cricket	**Athletics** & Health related fitness This half term also book another PE slot and complete: Invasion games Tag Rugby (Y6 only)
	YEAR B OAA/FS to run alongside when best suited	**Invasion Games:** Football basketball 3/4 weeks each	**Net/wall games:** Tchouckball/ Dodgeball 3/4 weeks each	**Gymnastics:** Under & over (partners) And Synchronisation & canon	**Dance:** Linked to Topic: Dracula – MJ - Thriller & Health related fitness	**Striking and fielding:** Rounders	**Athletics** & Health related fitness This half term also book another PE slot and complete: Invasion games Tag Rugby (Y6 only)

***Activities to be moved round based on Outwood Together Plan for tournaments if needed**

***Dances to be linked with topic**

***OAA can take place over the course of the year – not necessarily in the allotted blocked time**

***Please see separate plans for Forest School and extra PE sessions.**
- Each class will have the opportunity to complete one half term of forest school and one half term of extra PE sessions with